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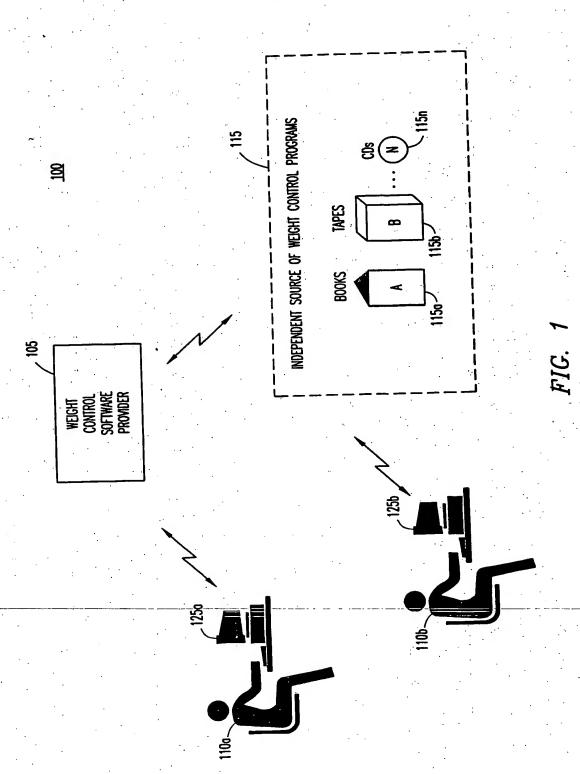
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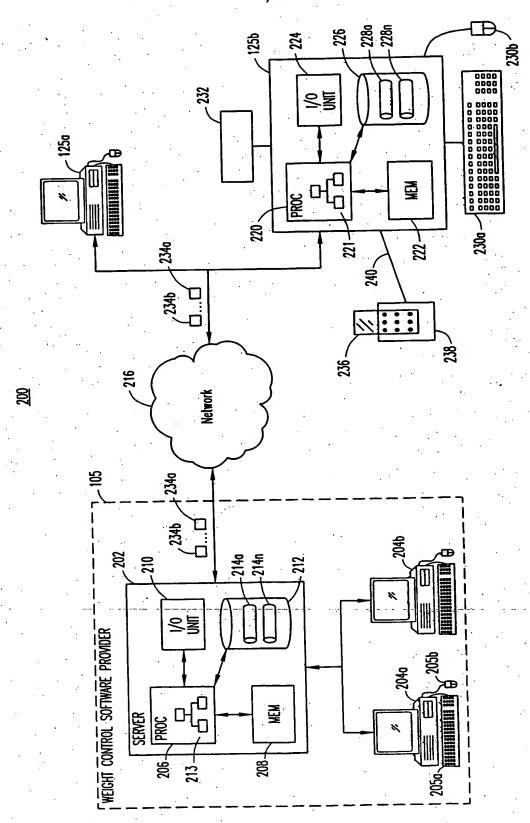
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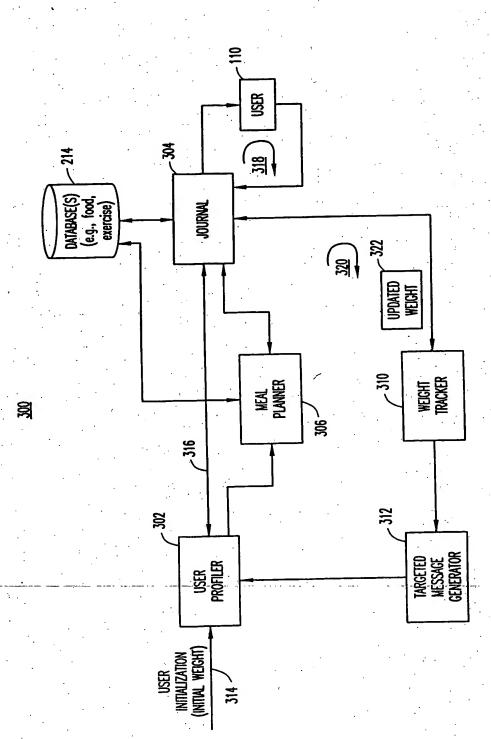
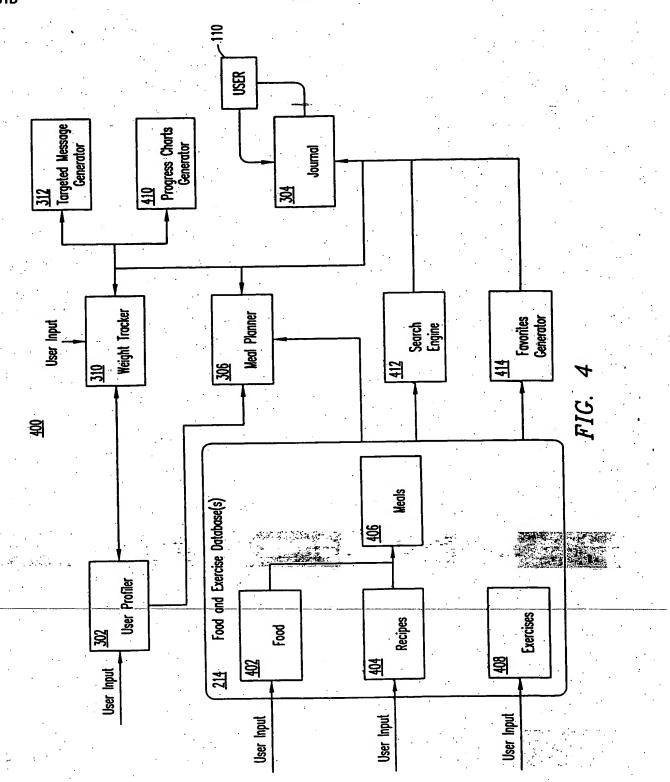
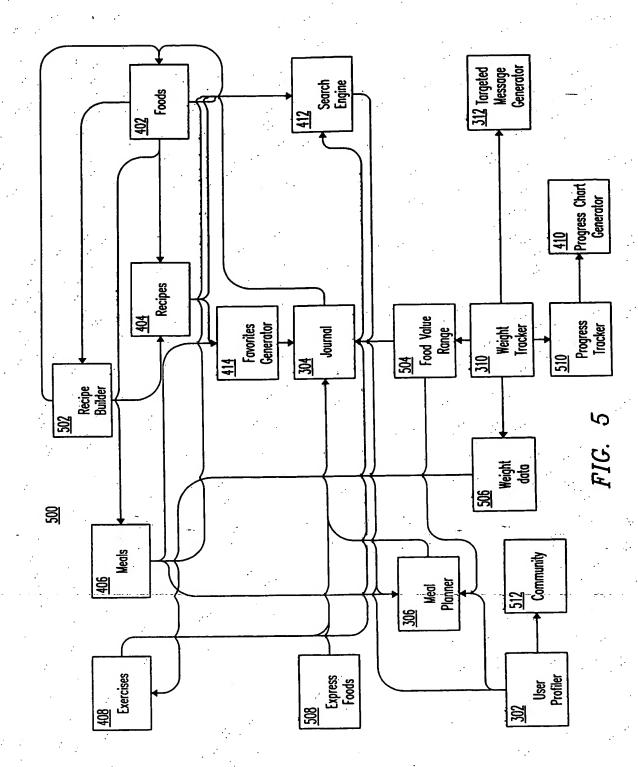


FIG. 3





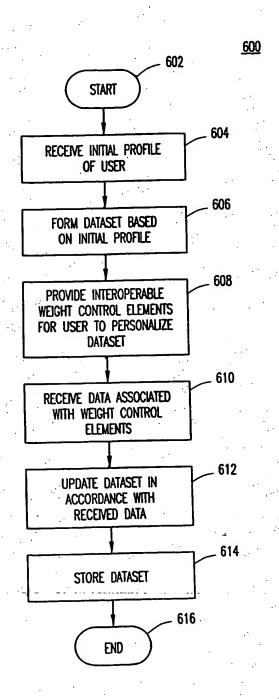


FIG. 6

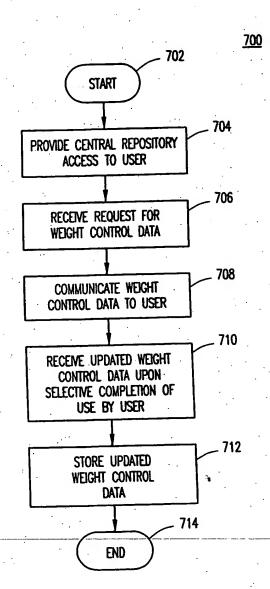


FIG. 7

and Meal Planning Schemes Inventor: Kirchhoff, et al 8/28 03968-P0001D LOGIN find a meeting about us my profile site map help 806 just for me shop healthy life fitness sucess stories food & recipes home the plan community panic Journal | Weight Tracker | Progress Charls | My Favorites | POINTS® Calculators | Assessment | Tools for Living 826 step 6 of 6 confirm your information Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections Current Weight Information Current Weight: 223lb Height: 5'8" Gender: M Birthdate: 7/14/1966 Make changes to Weight Information Other Characteristics 814 Personal Information Attitude: Generally Happy First name: John Athletic: Yes Last name: Smith Eye color: Blue Address: 1 WAIN St. Hair color: Brown City: Anytown State: NY Other Demographics Zip code home: 12345 Roce: Caucasian Zip code work: 12346 Religion: Catholic Country: United States Ethnicity: Irish Phone: (212) 555-1234 Blood type: At E-mail: jsmith@workplace.com Receive Information: No **Heath Restrictions** E-mail Weight Loss Progress: No None E-mail Format: text 818 Profession: Professional (e.g., doctor, lawyer) Desired Meal Plan Type Marital status: Single Regular Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765 Make changes to Personal Information 822 Payment Information Credit Card: Visa Credit card number: ********1111 Expiration date: 2/2002 Name as it appears on the card: John Q Smith Billing Address: 1 MAIN St. City: Anytown State: NY Zip code: 12345 Make changes to Payment Information Total Subscription Charges for 824 Monthly Fee: \$8.00 x 6=: \$48.00 Savings/Discount: \$0.00 Taxes: \$0.00 Total Charges: \$48.00

Title: Weight Control System Having Varying Meal Plans

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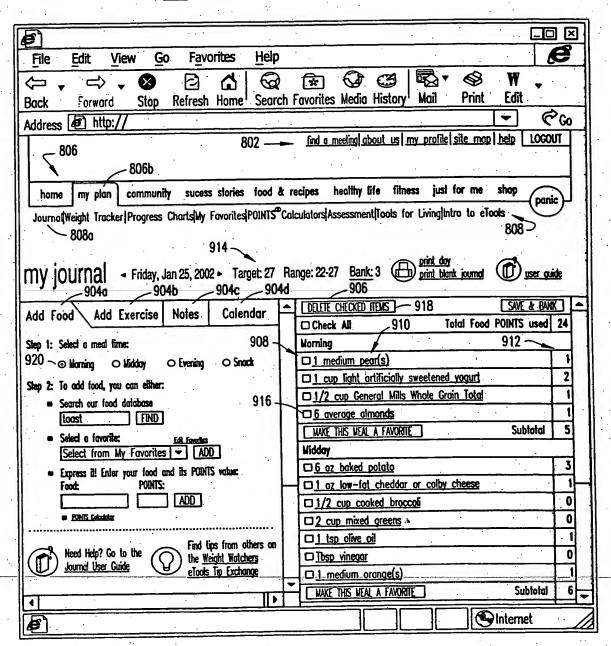


FIG. 9

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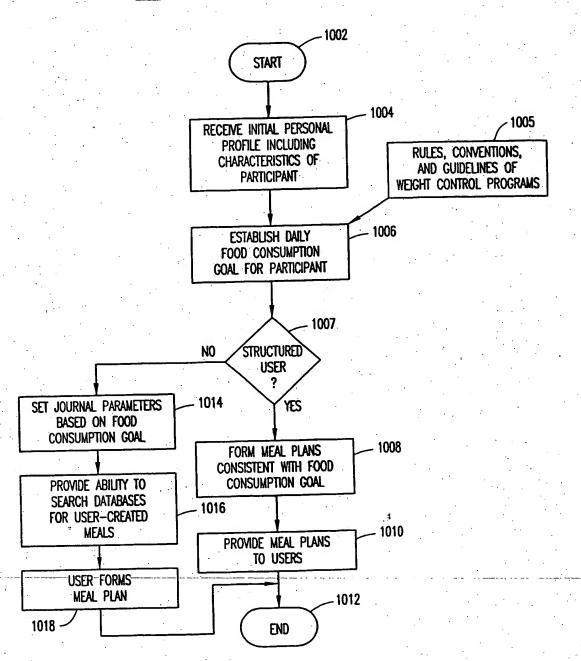


FIG. 10

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my journal - Friday, Jan 25, 2002 - Target: 27	Range: 22-27 Bank: 3 print blank journal (D) user quide
my journal Friday, Jan 25, 2002 Target: 27	906
	△ □ 3/4 cup cooked brown rice 3
	MAKE THIS MEAL A FAVORITE Subtoted 8
Shep 1: To add an exercise, you can either:	Snack
Search our exercise database or view all activities: 1104 weight lifting FIND 1106	□ 1 cup light artificially sweetened yagurt 2
= Select a fovorite: Est Fooden	1/2 cup sugar-free fruit flavored gelatin 0
Select from My Fovorites ADD	LIZ TUSP OCTOSOT WITHPECO CICALIT
= Express It! Enter your food and its POINTS value:	☐ 1 Thep sprinkles ☐ 1
Food: POINTS:	Subtotal 5
PORTS Columber 1102 -	Total Food POINTS used 24
- Interest	Total Food POINTS left for today 3
Need Help? Go to the Find tips from others on the elegistrans for the largest the elegistrans from the electrons	Exercise
Need heap? Go to the Journal User Guide the eTools Tip Exchange	□ 30 min walking, leisure 1
	Total Activity POINTS earned 1
	Check off daily on these important items
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FIG. 11

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JournalWeight Tracker Progress Charts My Favorites POINTS Calcu	ulators Assessment Tools for Living Intro to eTools	
914 - 914 -	ge: 22-27 Bank: 3 print day print blank journal user quide	
Add Food Add Exercise Notes Calendar	DELETE CHECKED ITEMS SAVE & BANK	1
	Check All Total Food POINTS used 24	1
	Morning □ 3 slice(s) crisp cooked bacon 4	- 11
⊗ Morning ○ Midday ○ Evening ○ Smootk	2 large fried egg(s) 5	1
Step 2: To odd food, you can either:	MAKE THIS MEAL A FAVORITE Subtotal 9	- 11
Search our food database	Midday	- 11
[FIND]	1 small serving(s) cooked lean beef steak 7	Ш
Select a favorite: Select from My Favorites ADD	□ 1 cup(s) fruit solod 2	ı
= Express ill Enter your food and its POINTS value:	MAKE THIS MEAL A FAVORITE Subtotal 9	
Food: POINTS:	Evening	
ADD	Subtotal 0	Н
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	Exercise 7	,
	Total Activity POINTS earned	7
Calculate POINTS for recipes and food combas (up.	Check off daily on these important items	1
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FIG. 12

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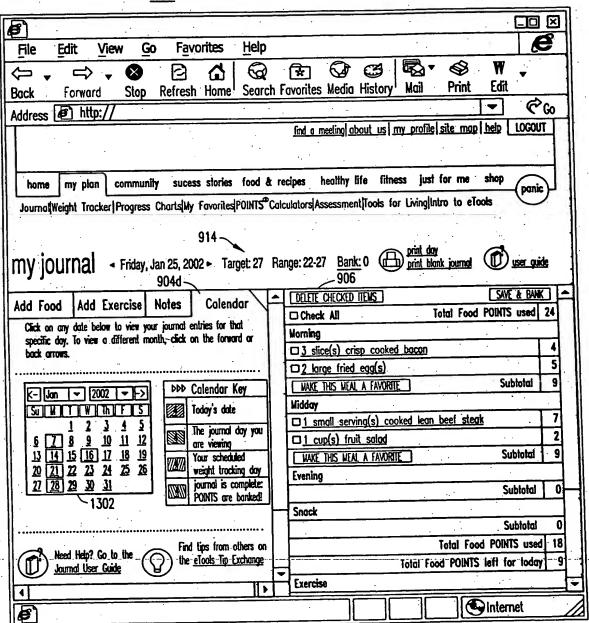


FIG. 13

Title: Weight Control System Having Varying Meal Plans and Meal Planning Schemes Inventor: Kirchhoff, et al 03968-P0001D

my shortcuts to weight loss tools.

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you follow the meal plan to inspiration is up to you. For	the letter help using	or sing the	nply use it for ide meal plan, <u>see o</u>	as and or meal
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☑ MIDDAY: Turkey Roller			hoese & Rine	6
EVENING: Orange-Lemmon Scallags SMACK:	7	Ø	YENING: picy Pork Souté	8
SNACK:		 [2]	NACX: ovory Snocks	
Throughout the Day	5			
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	5		<u>kosin kul hokes</u> Vidday:	6
MIDDAY: Grilled Swordfish	6	<u>₩</u>	(IDDAY: Turkey Sandwish w	5
EVENING: Indian Take—Out	. 8	☑	VENING: Baked Beef Fajita	8
SNACK: On the Go	-5	Ø	SNACK: Sweets and Treats	5
<u> </u>	POINTS	•••••	•	POINTS
☑ MONDAY	23	Ø	TUESDAY Norming:	24
MORNING: Aprical Yogurt Sundae	5		NORNING: Apple-Almond Topp	<u>.</u> 6
KIDDAY:		\square	MIDDAY: Bacan & Grill	5
MIDDAY: Super Solad	ь	 2	bocon & GTNI Evening:	
☑ EVENING: Quick Bite Before	7.		EVENING: Turkey-Squash Sti SNACK:	
SNACK: Crunchy Snocks	5	₽	Sweet and Satty S	
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Title: Weight Control System **Having Varying Meal Plans** and Meal Planning Schemes Inventor: Kirchhoff, et al 03968-P0001D

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MY TOOLS	inspiration is up to you. For help using the	he meal plan, see our meal	meal planner profile
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Fychange	■ 1 slice high-fiber bread	1	
Fovorite Recipes Fovorite Recipes	■ 1 cup canned fruit cocktail, packed in		
edii	water	1	· · ·
Favorite Boards	■ 1 cup low-fat milk		
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Enter a zip code below	<u>Yeogie Chilli</u> ■ 1 cup Health Valley Mild Yegelarian Chilli	2	· e
(0	•
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Choose your options	■ 1 Thsp reduced-calorie salad dressing		
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Frequently Asked Questions	■ 1 slice toosted wheat bread		
Contact Us	■ 1 Tosp 1 Can't Believe ti's Not Butter! Fai	l - 0	•
	Free Margarine		
	☑ EVENING: Swap for another me	POINTS	
	Apricol Turkey Breast with Cinnamon Squast		• • •
	■ 4 oz boneless, skinless turkey breast(s)	3	
	■ 1 Thep apricet jam	1	
	m 1 isp ground ginger	0.	
	■ 3/4 medium ocorn squash	2	
	■ 1/8 tsp ground cinnaman	0	
	■ 1 The light butter	1	
·	■ 1 1/2 cup green snap beans	0	•
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•	Snacks and Treats	5	
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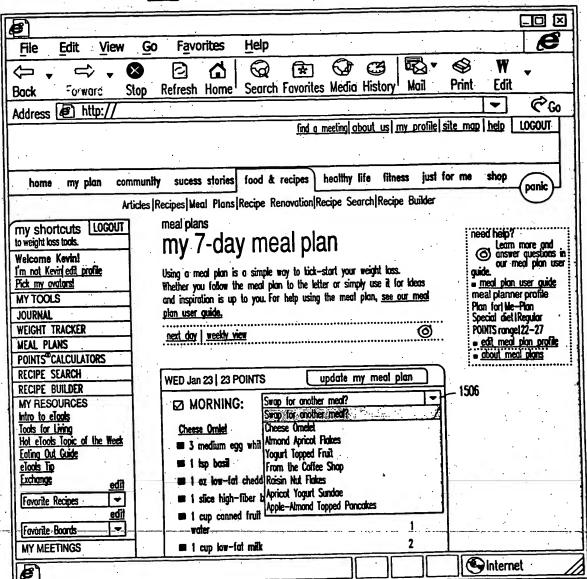


FIG. 15B

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MY TOOLS	Here's how you did today.	
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WEIGHT TRACKER	Target POINTS for today	27
MEAL PLANS	Food POINTS used	28
POINTS®CALCULATORS	Activity POINTS earned (maximum 4 per day)	4
RECIPE SEARCH RECIPE BUILDER	Banked POINTS	3
MY RESOURCES		
Intro to elooks		
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Eating Out Guide		7
eTools Tip Exchange	Your new bank balance	Wednesday Jan 30, 2002
edii	Your bank balance will reset to zero on:	Wednesday, Jan 30, 2002
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FIG. 16A

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FIG. 16B

Title: Weight Control System Having Varying Meal Plans and Meal Planning Schemes Inventor: Kirchhoff, et al 03968-P0001D

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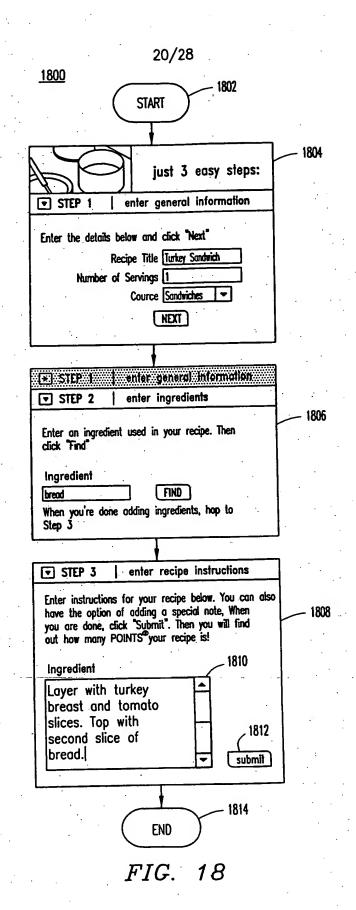
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RECIPE BUILDER	Recipe, POINTS per serving	Cource	Time	recipe plans
MY RESOURCES Intro to eTooks	Apple Braised Chicken, 5	Main Meals	55 min	Find POINTS for your
Tools for Living	Baked Chicken with Sun dried Tomato Sauce, 5	Main Meals	30 min	fovorite recipes.
Hot eTools Topic of the Week	Barbecue Chicken and Black Bean Pizza, 7	Main Medis	30 min	 Calculate recipe POINTS
Eating Out Guide	Bosque Chicken, 7	Main Meals	45 min	recipe plans
eTools Tip Exchange	Chicken and Dumplings, 5	Main Meals	40 min	Get delicious medi
euil	Chicken and Sousage Gumbo, 6	Main Meats, Soups	33 min	suggestions for every day of
Fovorite Recipes -	Chicken Burnitos, 5	Main Meals	37 min -	the week <u>View Meal Plans</u>
edit	Chicken Enchiladas, 7	Main Meals	60 min	e ter men ruis
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MY MEETINGS 75202 edit	Chicken Fingers with Barbecue Sauce, 5	Main Meals	22 min	subsciber benefits
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(A)	Chicken Jambalova, 6	Main Medis	50 min	
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MY NEWSLETTER & MORE	Chicken Poello, 7	Main Medis	330 min	
Choose your options	Chicken Paramigiana Sandwich, 6	Sandwiches	35 min	
GET HELP	Chicken Poppers, 6	. Main Meals, Side	20 min	
Frequently Asked Questions Contact Us	:	Dishes	. •	
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	Chicken Solad in Whole-Wheat Bread Bowl, 5	Main Meals	20 min	
	Chicken Saute with Pine Nuts, 6	Main Meals	. 25 min	
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Title: Weight Control System Having Varying Meal Plans and Meal Planning Schemes Inventor: Kirchhoff, et al 03968-P0001D



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find a meeting about us my profile site map help LOGOUT 2000 shop healthy life filness just for me sucess stories food & recipes home my plan community Journal|Weight Tracker| Progress Charts My Favorites|POINTS® Calculators|Assessment|Tools for Living|Intro to eTools progress charts my shortcuts LOGOUT progress charts... to weight loss tools. Refer to the progress chart to get a visual of your weight-loss progress. To view other months, select Welcome Kevin! previous or next below. To make sure your progress chart is accurate, you can enter previous weights I'm not Kevirl edit profile Pick my avators! or edit weights you have already entered. MY TOOLS JOURNAL WEIGHT TRACKER 2002 MEAL PLANS 240 POINTS CALCULATORS 2008 10% 220 RECIPE SEARCH 200 2004 RECIPE BUILDER 180 图 MY RESOURCES 160 Intro to elocks 140 仚 Tools for Living 120 Hot eTools Topic of the Week Eating Out Guide 100 elooks Tip **Exchange** WEEDS Fovorite Recipes Tip! By clicking on any of the points on the chart, you can get direct access to your journal for that week. Favorite Boards MY MEETINGS 75202 soft Enter a zip code below Milestones: 55 Don't know zip code Key: MY NEWSLETTER & MORE Choose your options 25 POUNDS GET HELP 5 POUNDS ADO'L 525 Frequently Asked Questions 200 POUNDS Contact Us 100 POUNDS 150 POUNDS 75 POUNOS

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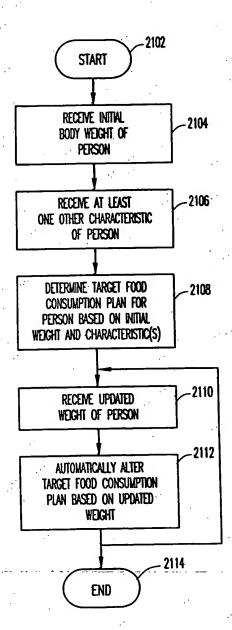


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my shortcuts LOGOUT to weight loss tools. Welcome Kevin! I'm not Kevinledit profile Pick my ovators! MY TOOLS JOURNAL WEIGHT TRACKER MEAL PLANS POINTS CALCULATORS RECIPE SEARCH RECIPE BUILDER MY RESOURCES Intro to eTooks Tools for Living Hot eToots Topic of the Week **Eating Out Guide** eTools Tip **Exchange** Favorite Recipes Fovorite Boards MY MEETINGS 75202 edil Enter a zip code below **(b)** Don't know zip code MY NEWSLETTER & MORE Choose your options **GET HELP** Frequently Asked Questions

Contact Us

don't

we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. Thats why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on out message boards and in our chat rooms.

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- I want to lose weight, but I can't seem to get started.
- My weight-loss is at a standstill
- I've fallen off the wagon.
- I'm thinking of quitting.
- I gained this week.
- 1 can't do this
- I just ate a whole chocolate cake.
- I can's stop overeating!
- Everybody I know is losing weight except me.
- I'm stressed!
- My family and friends keep bringing me food!
- My spouse doesn't seem to want me to lose weight.
- I'm planning a vaction, How will I stay on track while away?
- My friends have asked me to go out to eat with them.

- I have zero POINTS left for the
- Somebody just said something really hurtful to me.
- None of my jeans fit me anymore!
- I'm too big to fit into a bus seat.
- " I'm going to have to stand in front of a crowd. People willnotice me.
- I feel so lonely.
- I'm bored with trying to lose weight.
- I'm frustrated with trying to lose weight.
- I hate exercising.
- I've lost my motivation.
- I feel thinner and look thinner, but I'm not losing pounds.

your best resource Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you foce.

chat with others now

go to newbie board

your best resource Our leoders provide the best answers to all your questions about weight

- find a meeting

get help Panicking cause you're having problems using some of the tooks on our site?

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FIG. 24C